

**Congratulations
Laronda Morrison**



Laronda was accepted into medical school at Creighton University, Omaha Nebraska for their fall term.

She graduated with honors from Spelman College, Atlanta Ga. in May of 91 with a BA degree in Pre-Med & Biology. She also took advantage of summer programs for future doctors such as the Case Western Reserve University in Cleveland, Ohio and the Post Baccalaureate program in Omaha, Nebraska.

Laronda would like all the youth to know that their grades are very important and they should try to study hard to get A's & B's. This counts a lot if you plan to go to college and want a scholarship.

Laronda is a member of Mallory Ave. Church of Christ. She loves music and either directing the choir or singing.

She is the daughter of James and Fannie Morrison and has one brother Daryn K.

**ONA Turns Back
Challenge**

The Oregon Nurses Association (ONA) decisively turned back a challenge to its continue representation of Registered Nurses at St. Charles Medical Center in Bend by a vote of 184 to 111 on May 28. ONA, representing over 9000 Registered Nurses in Oregon, has represented the 381 nurse bargaining unit for more than 12 years. In March, AFSCME, and AFL-CIO union representing various classifications of public employees, filed a petition with the National Labor Relations Board attempting to replace ONA. "Despite the large scale AFSCME effort, which included bringing in out-of-state professional organizers, the RN bargaining unit saw through their empty promises and inflated claims and chose to reaffirm professionalism," said Sue Henry, RN bargaining unit chair. "Honest unions concentrate organizing the unorganized in their specialties. AFSCME was rejected because it sought to replace an effective organization that had superior expertise in representing nurses," said Kenneth M. Fitzsimon, ONA Director of Labor Relations. ONA now begins contract negotiations for a successor agreement at St. Charles set to expire July 1, 1992. "One aspect of the raid was to postpone the start of negotiations by two months," Fitzsimon explained.

**Elder Abuse: Warning
Signs And Prevention.**

Elder abuse can occur when frustration and resentment build. But help and information are available. Join us for a free seminar: Elder Abuse, Warning Signs And Prevention. The seminar features Dr Holly Ramsey-Klawnsnik, a specialist in the field of elder abuse and a panel of community resource specialist. Tuesday, June 16, 8:30 a.m. to noon at Providence Medical Center, 4805 NE Glisan, Amphitheater, lower level B. Call to register or for special needs 796-5269 or TDD 796-5393.

**Citizen Involvement
Committee**

The Multnomah County Citizen Involvement Committee will host a press conference on Monday, June 8th, at 10:00 a.m. at 2115 SE Morrison (Multnomah County's Morrison Street Building), first floor conference room.

Citizens who initiated the Citizens Convention, which was adopted on the May 19th ballot, will discuss the preliminary steps for establishing the Convention Steering Committee.

Citizens who participate in the Citizens Convention will have a direct role in shaping the function and structure of government in Multnomah County.

A Sickle Cell Patient Speaks Out

BY MARCIA TAYLOR
Executive Director, PSCAF

In learning about various diseases, we sometimes over look wisdom and knowledge the patients have gained through their suffering. This month I have chosen to share an article written by a Houston client by the name of J. Hoxi Jones entitled "Personal Perspective."

Some 32 years ago, suffering from intense pain and fever, my panic stricken parents took me to the doctor who admitted me to the hospital, a terrifying place for a four year old. Alone in such cold and unfamiliar surroundings, I came to know what is referred to as a "crisis," an episode of excruciating pain that occurs periodically. It was then that I was diagnosed with Sickle Cell Anemia, an inherited blood disorder that affects one in four hundred African-Americans.

I was too young to understand my ailment. I remember my playmate's parents speaking in hushed voices, saying that there was something wrong with my heart. Not much was known about the affects of Sickle Cell Anemia back then, but I do remember not being able to run as hard as other children; I tired very easily. My mother, an R.N., always cautioned me about going swimming and getting a chill. I wasn't very athletic, and I always came in last for the 600 yard dash. I never got the hang of climbing ropes or even softball. I was often picked last for team sports.

While Sickle Cell may have hampered my physical ability during my formative years, I am pleased to report that it had no affect on my capacity to learn. My parents insisted that I study and excel in the academic arena. Outside the classroom, I took flute and organ lessons, and joined the band and orchestra. I had a voracious appetite for books. I would stay up long hours into the night with a flashlight under the blanket, reading. I belonged to the Brownies and later the Girl Scouts. I was a cheerleader in high school. I really didn't see myself as being that much different from normal children.

My parents expected the same things of me as they did of my brother and sister; there were no special considerations. Thankfully, they were not very protective. I never felt pampered; I had household chores. I received the same discipline. Being allowed the freedom and latitude to grow up normally, I discovered my limits. I challenged

myself and learned just how far I could go in essence, I became aware of my physical limitations.

It took me a while to accept the fact that I would not be remembered for my athletic prowess, but it never stopped me from trying. I discovered I could do just about anything within reason--I even attempted know skiing.

It also took me a while to stop denying Sickle Cell pain. I used to attribute the pain to sleeping on your arm wrong, banging my leg against a piece of furniture, or even arthritis, which I don't have. I wanted to be normal, so denying that Sickle Cell was a factor in the pain, worked neatly.

Hospitalizations became less frequent as I grew older. The last time was in college, 1975, the year I graduated. Fortunately for me, I was at Howard University where there is a major Sickle Cell Center. During that time, a portion of my lung was irreparable damaged.

Joining a support group after moving to Houston, realized some pretty basic things: I was not alone in how felt and there were common experiences among us. I was able to define more clearly what was happening to me. I found that some of the aches I had, they had. I had the misconception that a crisis usually manifested itself in the joints. It was a relief to find out that the paralyzing pain I felt in my stomach was experienced by others. We openly discussed our fears about blood transfusions, a common treatment during hospitalization. Gratification came from sharing helpful techniques like getting a hot bath and taking pain relievers at the first sign of crisis, lying very still beneath a mound of covers, and drinking plenty of fluids. Sharing was therapeutic, acceptance was unconditional, and lasting friendships were formed.

I have made some though personal decisions as a result of having Sickle Cell that have affected the course of my life: I have decided not to have children; because 1) I am scared of pregnancy and the complications; and 2) I don't want to have children with Sickle Cell Trait. I am engaged now, but for a very long time I didn't entertain the idea of marriage. I didn't want to be burden. I questioned how long I would live and the quality of life; but as the adage goes, tomorrow is promised to no one.

At the moment, I am fine. Aside from lung damage and the possibility of

going blind due to a crisis in the eye, I am all right. I truly feel the mind power plays a significant role in the management of disease. I try to adhere to a healthy diet (although it doesn't always work), and I exercise. These are things I can control, and I know I have a better chance if I am in optimum condition. I am fortunate, too, have a supportive family, friends, and co-workers.

My doctors and I have an understanding; we're partners and we teach each other. I believe in preventative medicine; I take care of myself. I am acutely aware of the telltale warning signs of crisis--the twinge in the joint, the pain in the back, the lethargic feeling in my legs. There have been times when I have awaking in the morning to go to work and have been rendered helpless by crisis pain washing over me in waves. All I can do is try and hold on to my sanity. The medication only dulls the debilitating pain; it never ceases completely. It is like being right on the edge, trying to maintain a balance. Wherever it strikes--in my back, stomach, legs or chest, the pain has to be handled with kid gloves, no sudden movement or jarring motion. Sleep is escape, so I try to sleep. Drinking fluids becomes critical; I don't want to become dehydrated. I will try everything in an effort to stay out the hospital, but there are times when a trip to the emergency room is inevitable. In Houston it is not bad, but I have heard horror stories of friends going to hospitals where no one has ever heard of Sickle Cell.

I didn't die at 20. I have learned to not take every thing my doctors say as gospel, and I refuse to let Sickle Cell set arbitrary boundaries for me. I love to travel, so I do, but I consult with my doctors prior to departure. I have gotten sick a couple of times, but I am not deterred.

The future is full of hope.. Sickle Cell centers and support groups exist in many cities. There are poster children and fund raising events. Worldwide research goes on daily and there will be a breakthrough, but in the meantime, I am not putting anything on hold. I am very vocal about Sickle-Cell, I have it. I am a survivor and in spite of everything, I am looking forward to the rest of my life!

Those interested in the Poster Child events and Support Group meetings should contact the Portland Sickle Cell Anemia Foundation at 249-1366.

**Kafoury Announces
Financing Package**

City Commissioner Gretchen Kafoury will join Rey Ramsey, Director of Oregon Housing and Community Services, and representatives from U.S. Bank on the Mayor's Forum, Wednesday, June 10th at 8:30 a.m. to announce the completion of a financing package for the Dominion Capital properties. The financing arrangements, a first for a community development project in Portland, will consist of a partnership between the City of Portland, the State of Oregon and U.S. Bank. A state-tax credit will be combined with a private line of credit totalling \$12.5 million from U.S. Bank. The City will provide a five-year guarantee of the loan using it Community Development Block Grant resources. This package will allow Portland Community Reinvestment Initiatives, Inc. (PCRI), the non-profit that is

assuming the Dominion Capital inventory, to acquire and rehabilitate 352 properties in North and Northeast Portland. This public-private partnership will replace the federal funding that the city had previously arranged for the project. "I'm very excited that this has all come together," Commissioner Kafoury said. "Along with having a tremendous impact on Northeast Portland, this financing arrangement could be a model for future community development projects. The families who invested in their communities will keep their homes, and the rental properties will be rehabilitated and run by a responsible community-based company. Best of all, we will be using all private money to do it." The Mayor's Forum is held every Wednesday in the Council Chambers on the second floor of City Hall at 8:30 a.m.

"Free Mammogram Screenings"

On June 1, 1992 the Breast Cancer Task Force announce 200 no cost screening mammograms will be made available to women age 40 and over living in North and Northeast Portland. Since the announcement was first made a few weeks ago, only 30 women have responded. A mammogram is an x-ray of the breast. Through mammography abnormalities such as a lump, or other tissue changes, can be identified before they can be felt by a woman or her physician. In fact, mammography can detect breast cancer when it is in its earliest, most treatable stage--two years before a lump can be felt. Very often mammograms are not covered by insurance companies, for those with no insurance they can cost between \$60-

\$130. Who is eligible: Women age 40 and over, residents of North and Northeast Portland, and low income and have no insurance. Exclusions: Women with no previous breast surgery (implants, biopsies, breast reductions, lumpectomy for breast cancer) will be accepted. Women with no dominant breast mass (lump) or bloody nipple discharge will be accepted. Women who have not had a mammogram within 11 months of May 1st are eligible. Pregnant or nursing women will not be accepted. Eligible women should call the American Cancer Society (ACS) at 295-6422 and ask for the Cancer Response Operator to be scheduled for this very important diagnostic test.

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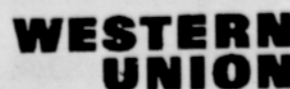
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